

Smoked Trout Niçoise Salad

Scott Gee

This is a great entree salad which is gluten free.

Salad Ingredients (serves 4):

1 pound green beans
3 extra large eggs
1 pound fingerling potatoes
1/2 small red/purple onion, peeled and thinly sliced
8-10 ounces grape tomatoes, halved lengthwise
1/4-1/3 cup Niçoise or Kalamata olives, pitted, cut in half length-wise
6-8 ounces smoked trout, skin discarded, bones removed and fish flaked

Directions:

Remove 3 eggs to room temperature. Boil a large pot of salted water. Blanch green beans for 3 minutes then transfer to an ice water bath to stop the cooking. When cool, cut the green beans into 1-2" pieces and add to a large bowl. Add the eggs and potatoes to the pot. Boil the room temperature eggs for 13 minutes. Cook potatoes until tender, about 10-20 minutes. When cooked, put the eggs and potatoes in the ice water bath. When cool enough to handle, cut the potatoes crosswise into 1/2" pieces and transfer them to the large bowl. Add the tomatoes, onion and olives to the large bowl. Pour 1/3 cup of the vinaigrette (see recipe below) over vegetables and toss gently. Add additional dressing as desired. Transfer vegetable mixture to a large serving platter. Arrange the hard-cooked egg quarters around the edge of the platter. Flake the smoked trout over the salad. Serve with the leftover dressing on the side.

Dijon and Horseradish Vinaigrette

2 teaspoons Dijon mustard
2 teaspoons prepared horseradish
1 small shallot, minced
1-2 garlic cloves, minced
1/4 cup reserve Sherry vinegar
1/4 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon fresh chives, thinly sliced (optional)
1/2 cup extra virgin olive oil

Directions:

Put the mustard, horseradish and shallots into a bowl. Whisk in vinegar, sugar, salt, pepper and chives. Continue to whisk mixture while slowly adding the olive oil until the mixture thickens.

Adjust seasoning as desired. Cover until ready to use. (Vinaigrette is best if made just before ready to be used.) Whisk again before serving.

